



BURLINGTON WELLNESS COMMITTEE
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MEETING OF THE BURLINGTON WELLNESS COMMITTEE

AGENDA

Tuesday, January 8th, 2013

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1. Review of Last Meetings Minutes
 2. Hockey Tournament / Cabin Fever Day
 3. Gym Membership Sign Ups
 4. Website Review (Lead by Kenneth)
 5. Get to Know You (Employee recognition posters)
 6. DPW Gym Equipment (Rowing machine pricing)
 7. WW Weight Loss/Fitness Challenge and Next Session
 8. Nutrition/Stress Management Goals and Activities (Sub Committee Discussion)
 9. Remaining Budget
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Live well, work well, be well.